

**Youth Exchange
Project title:**

"Pax Mediterranea!"

22-30 July 2022

Agros- Cyprus



M70 PACK

Hello dear friends and partners,

We would like to welcome you to our project titled "**Pax Mediterranea!**" that will be hosted in Cyprus by Youth Dynamics in cooperation with partner groups from Spain, Italy, Malta, Greece, France and Portugal. In this INFO PACK you can read all the details of the project.

Project Summary

"Pax Mediterranea!" is a youth exchange that will be organised in Agros between 22-30/7/2022. In the project will take part 49 young people and 7 group leaders from 7 EU countries.

There are hundreds of warships in the Mediterranean, which is currently witnessing the largest gathering of warships since WWII. Political, economic, social, cultural, military and technological changes are also continuing at a rapid pace in a world that has suffered from the pain of the new order after the Cold War. The actual situation in the Mediterranean is one of the main causes of the wars, chaos, and continuing turmoil in Syria, Libya, Lebanon and Palestine.

So it is time for youth to take actions for Mediterranean Peace. The themes at the base of the exchange, will be: respect of human rights, promote PEACE and equality, social inclusion, overcoming of social and cultural barriers, and arts as a tool to promote the multicultural dialogue between youngsters coming from different countries. The Activity programme is clearly defined, realistic, balanced and linked to the objectives of the project and of ERASMUS+. The programme will use a variety of intercultural working methods and be adapted to the profile of participants. The project has a clear thematic concept on Human Rights, violence and Discrimination which participants wish to explore together.

The chosen theme has commonly agreed and reflects the interests and needs of participants.

This project will deal with the importance of reconciliation and peace building process stimulating the sense of solidarity and promoting the intercultural dialogue. The project will focus on different topics as well as will propose the participants different methodologies that can be used in order to work on the topics of the projects.

Our objectives for the project are:

- promoting peace building by introducing past successful non-violent actions, that made real impact
- giving skills and tools for transforming conflicts in both personal and professional life.
- making participants aware of their role in civic society and promote activism and responsibility
- build on participant's current competencies in non-formal education and peacebuilding
- make participants able to spread the ideas and knowledge on non-violent actions to young people Europe-wide

The project is centered to the idea that young people can positively contribute towards conflict prevention, the prevention of violent extremism and peace building. To achieve desired aim, we will use non-formal education methods, which include ice breaking activities, small team works, movie screening-discussion, simulation games, brainstorming, seeking for solutions, role-plays etc. By implementing this project participating youth will learn about extremism and radicalization and explore its connection to the social exclusion. New competencies gained through participating in this project will also stimulate them to detect and respond properly to the hate speech cases, extremism and radicalization efforts. And, lastly, this project will promote youth interactions, networks and partnership, as well as raise awareness and understanding of other cultures and countries.

Details of the project

Venue: Agros , Cyprus

APV meeting : **24-26 June 2022**

Youth Exchange Dates: **22-30 July 2022**

APV participants : 1 group leader

Youth Exchange participant No: 7 participants+ 1 group leaders. Total 8 persons per group

Age: Between 16-30 years old. No age limit for group leader

Participant countries: Cyprus, Spain, Italy, Malta, Greece, France and Portugal

Language: Project will be run in English.

Emergency contact from Cyprus: Vasilis - 00357-99473782

DEADLINE for partners to select participants: 25 June 2022



Dates of the project

APV meeting: 24-26 June 2022

Youth exchange : 22-30 July 2022



Participants

Participants should be *responsible youngsters*, aged between 16 – 30 years. They should have an interest in the topic and be willing to learn and be motivated to share experiences with others. They should also be able to work in English since the working language of this Project will be *English*. Gender balance and group diversity in terms of different social and cultural backgrounds should be taken into consideration.

Reimbursement

Unit costs of your travel expenses (see table below) will be covered by the organizers with the support of ERASMUS+ programme. In order to receive this money for transportation, please keep ALL original invoices, tickets, boarding-passes or any other transport document. The money will be reimbursed after submitting all the original documents via bank transfer, upon completion of the Mobility Tool+ by group leaders. There is a participation fee of 20 EUR to cover for extra costs and 2 day trips to other cities of Cyprus and other organizational costs

No	Country	Max amount per person in Euro
1	Malta	245
2	Italy	330
3	Spain	500
4	Greece	245
5	Portugal	500
6	France	330

Travel costs from home to the venue of the project and return. Please note: only cheapest means of transport/fares are subject to reimbursement. All amounts are expressed in Euros. The above amount is 30 euro less than the official travel costs of ERASMUS+. The reason we deducted this 30 EUR is because in the travel cost we should calculate the transfer from the airport to the venue, which costs approximately 15 EUR each way. It is a private coach hire, and depends also on the arrival/departure time, waiting time in case of a delay etc

Important!!

If you want you can come to Cyprus 1-2 days earlier or leave 1-2 later after the end of the project or on APV. Of course you have to cover this extra cost for accommodation and food by your own.

Very Important!!!!

ALL participants must travel from their home country to Cyprus. We can not host people who come from a different country and not from their home country. Of course you can flight from a different country but your trip must start from your country. As an example a person from Italy can go to Greece by bus or train and take a flight from Greece to Cyprus. But we need also the bus or train tickets which confirm that he start he's journey from he's country.

Partner groups

Role	Name	Country
Hosting organization	Youth Dynamics	Cyprus
Applicant/Sending organization	Comité de Liaison Diagonal France	France
Sending organization	CET Platform	Greece
Sending organization	Associazione Culturale Usamborgia	Italy
Sending organization	Genista Research Foundation	Malta
Sending organization	Embaixada da Juventude	Portugal
Sending organization	Asociacion Building Bridges	Spain

European Health Card

It is the participant's responsibility to have a travel health insurance or a European Health Card. The European Health Card is accepted in every country within the European Union, can be obtained for free and is valid for 1 year.

More info at:

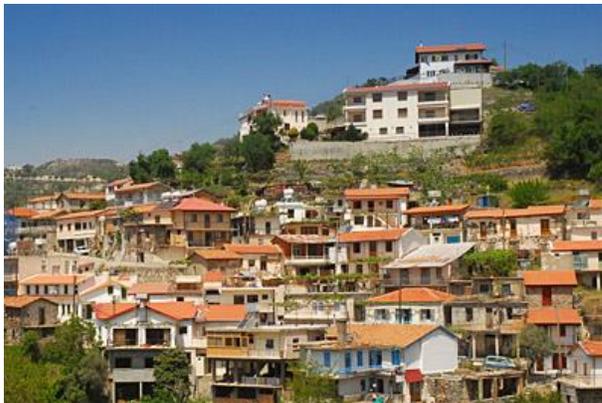
<http://ec.europa.eu/social/main.jsp?catId=559>



Agros village

Participants will be lodged in a hotel, centrally located in Agros, a beautiful village in the heart of Cyprus. Agros is a village in Limassol district, built amphitheatrically among high mountains. Its population is 800 people and it is one of the most interesting villages in Cyprus and Pitsillia area. Historical and cultural sites are kept in a natural environment of extraordinary beauty with the village maintaining the customs and its traditional character. The love for work and the progressiveness characterise its inhabitants. The village's modern roads make it a connection point between the cities of Nicosia and Limassol and the mountain of Troodos. Its main production line consists of grapes, garden products, fruit of excellent quality, soutzoukos, traditional type smoked products (sausages, lountza, choiromeri), traditional sweets and marmalades. Its inhabitants are also into tourism business (hotels, tourist apartments, inns, traditional coffee shops, taverns and bars.). More info at www.agros.org.cy Agros is called the "ROZE village" as you can find a special kind of beautiful and fragrant roses. The locals use them to produce the famous rose water.

Rose water is produced from "rodi damaskini" which is a special cultivation of roses. These roses have a beautiful scent and they are the most adequate for the production of rose water. Every May in Agros we have the "Roze Festival" at the peak of roze blossom. The festival offer a choice of functions, activities, displays and demonstrations that delight anyone appreciating nature's beauty.



Accommodation

Participants will be lodged in Vlachos hotel in the centre of Agros, a beautiful village in the heart of Cyprus (www.agros.org.cy). The hotel is very close of 2 supermarkets and offers free Wi-fi, Toilet and Shower in room (also sheets, towels), 2-3 beds in every room, Balcony in each room

So the only things you can bring is for your personal cleaning. And maybe some adaptors in order to charge your mobile phone or PC.



Climate

The average daytime temperature in July is around 35⁰C and you are advised to bring summer as well cool clothes as during the night, the temperature drops down,.

Entry to the island

Larnaca airport is the nearest to the venue. Cyprus has a second airport situated in Paphos, however transportation between Paphos and the venue is more difficult.

IMPORTANT:

Ercan is an airport in the Northern part of Cyprus, which is occupied by Turkey, and it is considered to be an illegal airport, not belonging to the Republic of Cyprus. Therefore, the European Union cannot cover travel expenses between any country and that airport. This is not our personal opinion, but a policy of Cyprus Republic that we have to respect. Therefore, we are asking you to book your flights with the cheapest flights from one of the 2 legal airports of Cyprus.

Coming to the venue of the project (Agros village)

When you arrive in Larnaca or in Paphos airport, we will arrange a bus to pick you up from there and bring you to Agros village. The trip from airport to the venue of the project will take about 1.5 hour.



Safety Information vs COVID-19

As hosting organization, we made our best to rethink about our project, local activities and accommodation in order to comply with the standards of the new normal. Your mobility experience is redesigned by considering Cypriot regulations and health / safety recommendations from the European Union and World Health Organization. Please read below mentioned regulations which is prepared for your maximum safety and comfort during your stay in Cyprus:

- We will use cleaning and disinfecting protocols to clean rooms after participants depart from activities rooms, with particular attention paid to high-touch items. The youth will be welcomed in already cleaned and disinfected rooms.
- We do not give the participants' privacy information to third parties.
- The participant is required to have the insurance in order, also travel insurance in case of quarantine or travel suspension due to COVID-19 measures.
- Before activity participants are recommended to avoid public events and gatherings due to COVID-19 remaining danger.
- We keep safe distance indoors and outdoors, maintain hand hygiene and wear masks.
- Accommodation of participants is more space to ensure more personal space.
- Participants will maintain the “group bubble” during the activity for more safety.
- We recommend taking direct flights to Cyprus and back if is possible.
- If a participant develops respiratory symptoms, they will be isolated and tested for COVID-19. The group will continue working normally. If COVID test returns positive, the group will be isolated and tested for COVID. We follow the national guidelines to ensure safety of participants and staff.

In this official Cyprus webpage you can read all the important information guidelines, announcements, press releases and updates about travel restrictions and countries categorized according to their epidemiological situation:

- <https://www.pio.gov.cy/coronavirus/eng>
- <https://www.pio.gov.cy/coronavirus/eng/categories/en-fly>

Since 1st of March 2022 the vaccinated people from EU don't need any test to enter Cyprus. Non vaccinated people will need Rapid test 24 hours or PCR 72 hours before their flight.

What to bring:

In order for everybody to have a really good time, we would like you to bring some things which we believe are important for the participation of all the participants and for the success of the Youth Exchange.

- ✓ Necessary documents such as passports, travel documents, etc.
- ✓ Comfortable clothes and shoes
- ✓ Towels
- ✓ Personal care products, such as shower gel, shampoo, comb, etc.
- ✓ Hair dryer
- ✓ AC power (Power adapter)
- ✓ cameras, laptops and other equipment making life and work easier;
- ✓ information about your country (books, brochures, posters, postcards, video, PowerPoint presentation, music, etc.);
- ✓ information about the organization you come from (brochures, PowerPoint presentation, video, etc.);
- ✓ Some traditional stuff - a typical taste: food/drink, music, flag of your country for the intercultural evening
- ✓ Medicine, if you regularly take any
- ✓ Money (Some of the partner countries of the project are using euro)
- ✓ And above all bring joy and lots of positive energy !!
- ✓ Endless amounts of good mood and motivation for work and leisure!
- ✓ Positive attitude, desire to learn and meet cool new people! :)



COSTS:

- The project is funded within the frames of ERASMUS+ program
- Travel cost up to the travel limit according the distance calculator of EU
- Food and accommodation

We encourage participants to be an active part of this project, embracing responsibility and enjoy the cultural side of this experience! And now, pack your bags, fill your heads with ideas and come meet us in Agros. Together we can make a change!

We hope that you find the Project worth participating in and we look forward to meeting you on July 2022!

Please do not hesitate to contact us on email vasilis@cing.ac.cy or by phone at **00357-99473782** if you have any more questions!

See you in Cyprus!

Youth Dynamics

Contacts:

Vasilis Christofi (Coordinator): vasilis@cing.ac.cy

Youth Dynamics (hosting group): youthdynamicscy@gmail.com

Useful information about Cyprus



- ✓ **Weather:** check it out e.g. on <http://weather.yahoo.com/>
- ✓ **Electricity:** Cyprus has the 240 Volt/ 50 Hz 3 pin electricity plus – so you will definitely need adaptors. Make sure you bring at least one with you. 
- ✓ **Cyprus Time Zone:** UTC (or GMT) +2
- ✓ **Cyprus currency:** the Euro. You can use your credit card (VISA, Mastercard etc.) almost everywhere.
- ✓ **Cyprus International Dialing Code:** +357

